

## As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

### If you have concerns...

Every baby grows at his or her own pace, **however loss of any language or social skill at any age is reason for concern.** In addition, ask yourself these questions about your baby:

- By 12 months, is my baby babbling? Is he or she pointing or making other hand gestures?
- By age 16 months, does my baby use a few single words?

If you answered no to either of these questions, ask for a free developmental screening. Call Healthy Mothers, Healthy Babies at the number below to find a Family Resources Coordinator in your area. You may also talk with your doctor, nurse or local school district.

More information is available at the Infant Toddler Early Intervention Program web site:  
[www1.dshs.wa.gov/iteip](http://www1.dshs.wa.gov/iteip)



[www.childprofile.org](http://www.childprofile.org)

Available in other formats upon request.  
Call the number above.

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# Watch & Help Me Grow



## 12-18 Months

# Developmental Milestones

## 12 - 18 months

Between the ages of 12 and 18 months, your baby should be doing most of these things. If you have concerns, help is available.



### **Moving** - Does your baby:

- ☐ walk without help?
- ☐ pick up small objects (raisin-sized)?
- ☐ fill and dump objects from containers?
- ☐ put one object on top of another?
- ☐ feed himself with a spoon?
- ☐ hold and drink from a cup (with some spilling)?



### **Understanding** - Does your baby:

- ☐ understand verbal directions?
- ☐ point to things when you name them?
- ☐ say two or three words other than "mama" or "dada"?
- ☐ ask for things using words?
- ☐ wave bye-bye?



### **Seeing** - Does your baby:

- ☐ use both eyes equally to look at things?
- ☐ look at things without squinting, crossing eyes or turning his head unnaturally?
- ☐ hold objects at a normal distance (6-12")?
- ☐ have clear eyes, not red or watery?
- ☐ notice shadows, colors or different textures?
- ☐ walk without bumping into things, as if he cannot see them?
- ☐ make eye contact (look into your eyes)?



### **Hearing** - Does your baby:

- ☐ imitate sounds?
- ☐ respond to his name?
- ☐ use a voice that is not too loud or soft?
- ☐ hear sounds around him at normal volume - not only loud sounds?

## You Can Help Your Baby Develop!

### **Play**

- Give safe household items to play with, such as small pots, pans, measuring cups or spoons.
- Play body and word games like "Pat-a-cake," "This Little Piggy."
- Play at filling and dumping things.
- Play music and dance with your child.

### **Read**

- Read together every day.
- Point out things in picture books and name them.
- Read favorite books over and over.

### **Talk**

- Say what you see throughout the day and let him repeat your words.
- Tell your baby what you are doing and why. Name body parts and everyday objects, over and over.

### **Listen**

- Be patient while your baby is learning to talk. Listen closely and do your best to understand.
- Add to his words. For example, when he points at a ball and says "Ba," respond with "Yes, that's a red ball. Do you want to play with the ball?"

### **Respect**

- Offer real choices between two good options. For example, "Do you want an apple or an orange?"
- Praise your baby for trying new things.
- Let your baby do the things she can do safely: choose clothes, pick up toys.
- When your child gets sad or upset, talk with him about his feelings.